

Refuge

Key Verse

"Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us." Psalm 62:8

Basic Biblical Understanding

It's impossible to control every situation, prevent every tragedy, or avoid every crisis. Life is messy. Most of us have seen through personal experience that our world can be turned upside in a moment without notice. That reality raises an important question. In a world of uncertainty, is it possible to have a true sense of security?

According to the Bible, the answer is "Yes!" Scripture teaches that God is our refuge, our place of safety (Psalm 62:8). The Psalmist refers to God as "my hiding place and my shield" (119:114), "a very present help in trouble" (46:1), and "my fortress...in whom I trust" (91:1-2). God tells us to trust and depend on Him. Psalm 62:8 gives two practical steps for making God our refuge: (1) Trust Him always and (2) Tell Him everything.

When we get in the habit of trusting God always and telling Him everything, God becomes our refuge. When God is our refuge, we lose our fear of people and circumstances.

Personalize that message for you. What challenges are you facing today where God is saying, "Trust Me to handle it and tell Me what's on your heart."

Don't wait for a "big" situation before you start this habit. First Peter 5:7 tells us to cast "all our cares on Him, because He cares for you." Tell Him everything! When you establish this discipline in times of calmness, it will be second nature in times of crisis.

Verses (ask God to show you how they apply to your life)

- "You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Psalm 32:7
- "You are my hiding place and my shield; I hope in your word." Psalm 119:114
- "He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, 'My refuge and my fortress, my God, in whom I trust.'" Psalm 91:1-2

Helpful Questions and Application

1. Define what a refuge is for you. Write down a few thoughts. What would hinder you seeing God as your ultimate refuge?
2. Trust in others is built on 4 foundational ideas: knowledge of an individual, time with an individual, belief in that individual, and dependability from that individual. How can you take that understanding and use it to build greater trust in God?
3. What do you trust more than anything? Your answer may be self, money, family, spouse, job, knowledge, etc. If the answer is anything other than God, what makes that person or thing trustworthy?

Additional Resources

Scripture references: Psalm 27:5; Psalm 91:1-16; Zephaniah 3:12; Isaiah 32:2

WordTruth articles: ["The Three Victories In Trials"](#)

["Truth: The Measurement For All Aspects Of Life And Relationships"](#)